

# ABSTRACT

A hockey stick having a composite blade and a shaft is disclosed. The composite blade includes a heel section that is recessed relative to the front and back faces of the blade. The recessed heel section is configured to be received by a hockey stick shaft or an adapter member configured to connect the blade to the shaft. The composite blade preferably comprise a foam inner core overlaid preferably with substantially continuous fibers disposed in a matrix material and may include an internal bridge structure extending from one side of the blade to the other. The blade may also be preferably comprised of a core comprising non-continuous fibers disposed within a matrix material. In another aspect, processes for manufacturing the previously described hockey stick blade(s) are described.